

## Poetry.

[FOR THE CHRISTIAN VISITOR.]

## SONNET.

When musing in thy light, Eternity,  
Such glorious visions compass me around  
Of those who walk thy thrice exalted bound,  
And know all knowledge, pure and blissfully;  
That earth becomes a dark and worthless mote  
Borne on the spring-time floods. And I be-  
hold

The heavenly priests and kings with crowns  
of gold

Starry and rich: I hear the rapturous note  
Of high thanksgiving, which doth aye reflow  
Like the sweet billows of a sea of love  
That hath no shore:—And these once drank  
of woe

Mingled with gall; but henceforth evermore,  
Sinless and griefless their great Friend adore,  
Their Father, God and Sacrifice—above.  
K.

## HUMILITY.

BY MONTGOMERY.

The bird that sings on highest wing  
Builds on the ground her lowly nest,  
And she that doth most sweetly sing,  
Sings in the shade when all things rest;  
In lark and nightingale we see  
What honour hath humility.

The saint that wears heaven's brightest crown,  
In deepest adoration bends,  
The weight of glory bends him down  
The most when high his soul ascends;  
Nearest the throne itself must be  
The footstool of humility.

## The Family

## LIVING AND MEANS.

The world is full of people who can't imagine why they don't prosper like their neighbors, when the real obstacle is not in banks nor tariffs, in bad public policy, nor hard times, but in their own extravagance and heedless ostentation. The young mechanic or clerk marries and takes a house, which he proceeds to furnish twice as expensively as he can afford, and then his wife, instead of taking hold to help him to earn a livelihood, by doing her own work, must have a hired servant to help her spend his limited earnings. Ten years afterwards you will find him struggling on under a double load of debts and children, wondering why the luck was always against him, while his friends regret his unhappy destitution of financial ability. Had they from the first been frank and honest, he need not have been so unlucky.

Through every grade of society, this vice of inordinate expenditure insinuates itself. The single man, "hired out" in the country at ten to fifteen dollars per month, who contrives to dissolve his year's earnings in frolic and fine clothes; the clerk, who has three to five hundred dollars a year, and melts down twenty to fifty of it into liquor and cigars, are paralleled by the young merchant, who fills a spacious house with costly furniture, gives dinners, and drives a fast horse on the strength of the profits he expects to realize when his goods are all sold and his notes all paid. Let a man have a genius for spending, and whether his income is a dollar a day, or a dollar a minute, it is equally certain to prove inadequate. If dining, wining, and party-giving won't help him through with it, building, gaming, and speculating, will be sure to. The bottomless pocket will never fill, no matter how bounteous the stream pouring into it. The man who (being single) does not save money on six dollars per week, will not be apt to on sixty; and he who does not lay up something in his first year of independent exertion, will be pretty likely to wear a poor man's hair into his grave.

No man who has the natural use of his faculties and his muscles, has any right to tax others with the cost of his support, as this class of non-financial gentlemen habitually do. It is their common mistake to fancy that if a debt is only paid at last, the obligation of the debtor is fulfilled; but the fact is not so. A man who sells his property for another's promise to pay next week, or next month, and is compelled to wear out a pair of boots in running after his due, which he finally gets after a year or two, is never really paid. Very often, he has lost half the face of his demand by not having the money when he needed it, beside the cost and vexation of running after it. There is just one way to pay an obligation in full, and that is to pay it when due. He who keeps up a

running fight with bills and loans through life, in continually living on other men's means, is a serious burden and a detriment to those who deal with him, although his estate should finally pay every dollar of his legal obligations.

Inordinate expenditure is the cause of a great share of the crime and consequent misery which devastate the world. The clerk who spends more than he earns, is fast qualifying himself for a gambler and a thief; the trader or mechanic who overruns his income, is very certain to become in time a trickster and a cheat. Wherever you see a man spending faster than he earns, there look out for villany to be developed, though it be the farthest thing from his present thought.—*Tribune.*

## Health of Children.

Rising early is a habit of high importance to fix in children; and in forming it there is far greater facility than in other cases. There is a natural propensity in children generally to early rising, which needs only to be gratified and encouraged. They usually retire to bed some time before their parents, and at daylight, or at least sunrise, are generally awake and anxious to rise. Many of them are actually bred up with difficulty to the habit of taking a morning nap, which, when once formed, generally prevails through life. Let the father deny himself so far as to retire early and become an early riser also. His health, enjoyment, and usefulness, he may depend upon it, will be perceptibly benefited. And this may be connected with another preventive of disease—active employment. The morning is the season for activity; the frame, invigorated by repose, is prepared for exertion, and motion gives pleasure. The pure atmosphere, so much more bracing than at other hours, so much sweeter and more exhilarating than the air of a confined chamber, has been prepared to be breathed, and like all nature's medicines, it is superior to any which science can produce. Early rising and early exercise may more properly be called food than medicine, as they are designed for daily use, and to protect us from disease, rather than to remove it. Everything except mere sloth invites us—nay, requires us—to train up our children to use them. The morning is the most favorable season for exercising the frame as well as for making useful impressions on the mind and heart; and whoever tries to conduct the education of his child independently of this practice, will lose some of the most favorable opportunities.

## Health and Morals.

There is much more intimate connection between sound bodily health and correct morals than many suppose, and in this view of the subject we have reason to rejoice in the attention now given to human health. It can hardly be doubted that vicious conduct is often the result of disordered bodily health. Nervous prostration and gloom, for example, is the exciting cause of unkindness, bitterness, and injurious treatment of relatives and neighbors—and the same cause leads to neglect of duty, loss of property—this again leads to foul means to repair losses, or perhaps to suicide. All which would have been avoided by the glow of sound bodily health.

There are many sins which we can hardly conceive of as being committed by a man who practices punctually and cheerfully the cold water system, and comes forth daily from his purifying ablutions with light heart and elastic step. How can such a man sit in bar rooms inhaling the corrupted air breathed and re-breathed by loathsome rum drinkers? How can such a man associate with polluted women? How, on the contrary, must the practice of external cleanliness create a revulsion of the whole soul from filthy associations and contacts?

Our passions are our great misleaders. But the passions are wonderfully influenced by the physical health. Let the body be kept in a sound state, and the fiercer and baser tendencies of our nature would lack the fuel and excitement which sustain them.

If these things be so, then it is plainly a moral obligation of a high order to maintain the health of the body. If suicide is wrong, the waste or neglect of health is wrong. It is wrong, too, because ill health is an exciting cause of vice, and a grave hindrance to active goodness. Let this then be considered our doctrine, that it is wicked to neglect our bodily health, and a moral virtue, prolific of other virtues, to attend to it with care and system.

Merit is like the blushes of a virgin—most discovered when it labours to be concealed.

## A New Pastor.

One pleasant day parson L. took a walk from the village of W., to visit one of his parishioners. On the way he fell in with Capt. S., who was driving a load of wood to market, with a team that looked as if it had seen hard work and poor keeping. After the usual salutations—"Captain," said the parson looking at the cattle, that had hardly flesh enough on them to keep their bones together, "Captain, what is the matter with your oxen?" "Well," says Captain S., "I rather guess they are pretty much in the situation of your society down there—they want a new pastor."—*Bay State.*

## Scandal.

Dr. Johnson being once in company with some scandal-mongers, one of them having accused an absent friend of resorting to rouge, he observed, "It is, perhaps, after all much better for a lady to redden her own cheeks, than to blacken other people's character."

## New Way of Taking Care of Babies.

The *Detroit Free Press* states, that a few Sabbaths since, a family in that city went to church, leaving a child in charge of a small boy. The boy wanted to go out to play, put the child on the table, and nailed its clothes to the dinner board.

## To Stop Mouse Holes.

Take a plug of common hard soap, stop the hole with it, and you may rest assured you will have no further trouble from that quarter. It is equally effectual as regards rats, cockroaches and ants.

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St. John, Jan. 6, 1849.

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